

Sunday 14th March, 2004

RED ROCK / COFFS JETTY

Water World Great Ocean Run

45 Kilometres

START: Northern End Red Rock Beach 6:00 am

FINISH: Coffs Harbour Jetty

PRESENTATIONS: Coffs Harbour Yacht Club

(Carbo-reload included for all entrants and officials.)

ENTRY FEE: \$10 payable to "Woolgoolga Fun Run" (\$15 if entering on the day). Tshirts \$15

POST ENTRIES TO: Steel Beveridge, 3B Surf St, Emerald Beach NSW 2456 (by 12 March)

ENQUIRIES: Phone (02) 66562735 (home), (02) 66541500 (work)

Email steelyn@hotmail.net.au

COURSE SURVEY: Saturday 13 March (meet at Arwarra Headland 3:00 p.m.)

CARBO LOAD: Unofficial, at Woolgoolga Pizza Place (from 6.30 p.m. Saturday 13 March)

WAIVER

1) I, the undersigned, in consideration of and as a condition of my entry in the Red Rock/Coffs Jetty Water World Great Ocean Run for myself, my heirs, executors and administrators, hereby waive all and any claim, right or course of action which I, they might otherwise have for or arising out of loss of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the said event.

2) I will abide by all the competition rules.

SIGNED _____ DATE _____

(If under 18 parent/ guardian must sign as well)

PARENT/GUARDIAN _____

Previous Ultra Marathon experience

Best Marathon time _____ Event _____ Year _____

Name _____

Address _____

Age _____

Sex: M or F

T-shirt size: Small Medium Large Extra Large